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WHAT TO WATCH IN SOCHI

• **8:30 a.m.**
 Alex Gough has a chance to win Canada's first-ever medal in luge.

• **9 a.m.**
 Figure skating's individual events begin with Canada's Meagan Duhamel and Eric Radford, seen here, featuring in the short program.

GREG DOWNS/FOR METRO



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GOLD & SILVER? THAT'S SO MEDAL

Canada's Alex Bilodeau, right, celebrates with fellow Canadian Mikael Kingsbury after Bilodeau won gold and Kingsbury took silver in the men's moguls final Monday. For Olympic coverage, see pages 6, 7, 21 and 22. ANDY WONG/THE ASSOCIATED PRESS

\$213M pledged by province for Trans-Canada improvements

Roadwork. New strips, shoulders and bridges to upgrade Manitoba stretch of highway

The Manitoba government is investing \$213 million in projects to improve the Trans-Canada Highway from Winnipeg to the Saskatchewan boundary.

Transportation Minister Steve Ashton says they build on other infrastructure upgrades.

"This work, along with major improvements to the southwest Perimeter Highway, PTH 75 and the completion of CentrePort Canada Way (PTH 190), will provide our wholesalers, manufacturers, contractors and farmers unprecedented access to North American trade routes today and for generations," said Ashton in a release.

Construction is expected to

Included upgrades

- 103 kilometres of paving of westbound and eastbound lanes.
- A new bridge at the Assiniboine River west of PTH 26 and on PTH 1A at the Portage la Prairie bypass.
- Intersection improvements between Camp Manitou Road and John Blumberg Golf Course and between the Headingley weigh scales and PR 334.

begin in the summer and will provide 2,400 people with one year of work, said Ashton.

Another \$110 million to improve the highway from Winnipeg east to the Ontario boundary was announced last year. All projects are expected to be completed by 2020. **METRO**



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City to change 'massage' to 'body rub' parlour in bylaw

'Confusion, humiliation.' Industry reps commend municipality for change



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

It's taken more than two years, but a city committee has voted in favour of removing the word massage from a problematic bylaw.

Members of the protection and community services committee amended the city's Doing business in Winnipeg bylaw to change "massagist" and "massage parlour" to "body rub practitioner" and "body rub parlour." According to the city's report, this change "will serve to more clearly differentiate between the services available from a body rub practitioner in a body rub parlour, from those available from individuals who are highly trained and certified in scientifically based massage therapy."

The amendment also exempts Massage Therapy Association of Manitoba members from the strict licensing requirements, which pleased George Fraser, the association's executive director. "The intent from the very beginning was to distance the professional massage therapists" from those who engage in adult entertainment, said Fraser.

Kathy Watson, government relations manager with the Natural Health Practitioners of Canada, which also represents massage therapists in Manitoba, said this name change will help end "confusion and humiliation to some of our members."

Both Watson and Fraser reminded committee members that the provincial government is working with their groups to determine the regulation of their industry. Concerns over the original bylaw were first raised in November of 2011.

The report with the new bylaw amendments now moves on to executive policy committee and, if approved there, on to city council.



Kathy Watson of the Natural Health Practitioners of Canada speaks during Monday's protection and community services meeting. BERNICE PONTANILLA/METRO

Coun. says human trafficking a city issue



Diane Redsky, project director of the human trafficking task force. BERNICE PONTANILLA/METRO

Winnipeg is being urged to follow Toronto's lead as that city attempts to curb human trafficking in massage parlours and escort services.

Coun. Paula Havixbeck, who spoke in delegation at Monday's protection and community services meeting with Diane Redsky, project director of the human trafficking

task force for the Canadian Women's Foundation, said the city has an obligation to ensure the safety of women and girls.

"In Canada, only Toronto and now us in Winnipeg are bringing something forward as a council to try to eliminate ... incidents of human trafficking of women and girls," said

Havixbeck, who authored the trafficking motion with St. Boniface Coun. Dan Vandal.

"It's very important that we try to capture this and get it right. It's not just a policing issue, it's not a neighbourhood issue, it's a city council issue."

Redsky said her task force has uncovered some startling facts, including that 80 per

cent of those trafficked are female — girls as young as 13 — and 70 per cent are aboriginal children, many through massage parlours.

Redsky said Toronto is planning to cap the number of massage parlours at 25 in order to provide better enforcement of their bylaws.

BERNICE PONTANILLA/METRO



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Property registry agency

Finding and registering legal docs in home sales to get easier

Manitoba has signed a deal that it says will make it easier to find or register legal documents when selling a home.

Finance Minister Jennifer Howard says the government has sold its property registry agency to Teranet Manitoba for \$75 million. The private online provider is to pay royalties to the government in exchange for its licence.

Howard says the change will mean better service for the public.

She says the deal will provide stable revenue for Manitoba and reduce the number of workers on the government payroll without putting anyone out of work. Employees of the existing property registry are to be transferred to Teranet.

The deal calls for Teranet to invest about \$35.5 million in new technology to ensure services such as titles, property searches and registrations will be available through a secure online system.

Teranet is to make annual royalty payments of about \$11 million that are to increase to \$24 million by the end of the 30-year licensing deal.

The agreement allows the province to limit increases in fees to stable and predictable changes.

All existing property registry offices are to remain open.

Teranet is an Ontario-based company owned by the Ontario municipal employees pension. It has a similar agreement for property registration services with the Ontario government. **THE CANADIAN PRESS**



Police have arrested a Regina man in connection to the stabbing deaths of Unice Ophelia Crow, 19, and Trevor James Sinclair, 31, who were found dead in a Wolseley area rooming house last September. COURTESY INSTAGRAM

Man arrested in double slaying

'Violent attack.' Suspect, found in Regina, lived in same building as Winnipeg couple at the time of the crime



SHANE GIBSON
shane.gibson@metronews.ca

Winnipeg police have arrested a man living in Regina in connection to the grisly killing of a young couple found dead in a Wolseley-area rooming house last summer.

The bodies of Unice Ophelia Crow, 19, and Trevor James Sinclair, 31, were found in their suite at 210 Chestnut on the

morning of Sept. 4, 2013.

Police now say both victims had been stabbed multiple times in the upper body.

"It was reported as a ... violent attack," said Winnipeg police spokesperson Const. Eric Hofley, who said the accused was known to the victims, but couldn't say what led up to the killings. "Officers are still investigating and further information is coming to light even as we speak."

Friends and family hadn't seen the couple for nearly a week before they were found dead, and police confirmed Monday they had been killed Aug. 29, nearly a week before their bodies were discovered.

Work by homicide detectives and the Forensic Identifi-

cation Units led police to issue a warrant for 44-year-old Jeffrey James Kionke in connection to the double slaying, and on Feb. 5 Regina police found Kionke living in the city, and arrested him. Hofley said Kionke, who is previously known to police in Winnipeg, had lived at the same rooming house as Crow and Sinclair at the time of the killing, but had since moved to Regina.

Second-degree murder

Members of the WPS Homicide Unit have brought Kionke back to Winnipeg, where he faces two charges of second-degree murder.

Stabbing. Man charged with attempted murder

Police have charged a Winnipeg man with attempted murder after they say he returned to a party he'd just been kicked out of Saturday and repeatedly stabbed another man.

The suspect and the 19-year-old victim were drinking with another person at a residence in the first 100 block of Noble Avenue around midnight when the suspect and the victim began arguing, police said, adding that, as a result of the fight the suspect was asked to leave,

and did, but returned shortly after, saying he needed to get his coat.

On his return the argument started up again, this time escalating to the point that the accused allegedly armed himself with a knife and stabbed the other man several times in the upper body. The victim was rushed to hospital in critical condition. Jordan Thomas Munroe, 19, is charged with attempted murder and aggravated assault. **METRO**

Lee Newton. Winnipeg Harvest founder dies

The woman behind Winnipeg Harvest has died.

Lee Newton, who founded the food bank in 1984 after seeing a news story about a similar venture in New York City, died of brain cancer over the weekend at the age of 61.

"She touched people's lives ... she was just a remarkable talent," said Harvest executive David Northcott Monday. "She just kept going, going and going and would say, 'This is the right thing to be

doing, so let's keep doing it.'"

After Winnipeg Harvest officially opened in 1985, Newton remained on the board for years, according to Northcott, who said even after moving on from the organization, she returned to act as the non-profit's volunteer coordinator.

"She put the seed into the ground that's grown and helped many, many families," said Northcott.

SHANE GIBSON/METRO

TRANSIT TUESDAY

Weekly Transit News Update



LOUIS RIEL DAY

Monday, February 17th is Louis Riel Day and Winnipeg Transit will be operating on a Sunday schedule.

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Ford 'didn't want to tell the truth' about drug use

Now showing.

'Everybody in the world has lied,' says the mayor sitting beside his brother in an online premiere

After months of insisting he had been truthful in the midst of a drug scandal, Toronto's controversial mayor has admitted he lied to the public because he was embarrassed.

Rob Ford made the admission on his own terms, in a YouTube show called Ford Nation posted online Monday.

"Did I experiment with drugs? Yes I have. Why did I lie? I think everybody in the world has lied, because I was embarrassed," Ford said, while looking directly into the camera.

"I didn't want to tell the truth. That's the only answer I can give. That's as straightforward as I can be."

Ford's revelation came in response to a written question from Sandra from Bangkok, Thailand, who wondered why the mayor lied about his "substance abuse problem" when initially asked.

"I'm not a drug addict, I don't use drugs. Have I in the past? Yes," Ford said.

"When they ask me, it's very, very humiliating in front of the world to say yes ... People either lie to cover up, people lie because they're embarrassed, that's why I lied." Ford had been under intense scrutiny since last May, when two media outlets reported the existence of a video that they said appeared to show the mayor smoking crack cocaine. The mayor initially denied he used the drug and suggested the video did not exist, but he backtracked in November by admitting he had smoked crack cocaine, probably in one of his "drunken stupors."

THE CANADIAN PRESS



Frame grab from the first Ford Nation YouTube show featuring Rob and Doug Ford. YOUTUBE

Coming soon

Guess what's coming to a screen near you?

The antics of embattled Toronto Mayor Rob Ford could soon be coming to a TV or movie screen. Blue Ice Pictures has acquired the film and television rights to the new book Crazy Town: The Rob Ford Story. Published by Penguin Canada, it's written by Toronto Star reporter Robyn Doolittle, one of three journalists who viewed a video that appeared to show Ford smoking crack cocaine.

The video was one in a string of scandals involving the mayor.

The screen version of Doolittle's book will be produced by Daniel Iron and Lance Samuels.

"If you tried to make this story up, people would think it was over the top," said Doolittle.

THE CANADIAN PRESS

2010 charge

Physician on trial

A man who once auditioned for the Canadian Idol TV show has pleaded not guilty to a terrorism charge. Khurram Syed Sher, 31, a physician from London, Ont., is being tried in Ontario Superior Court. He is charged with conspiracy to facilitate terrorism. THE CANADIAN PRESS

Laureen Harper to be highlighted in 2015

The federal Conservatives have plotted a road map to a 2015 election campaign that counts on a massive donor- and voter-targeting effort, a communications onslaught, and a bid to "leverage" the popularity of Laureen Harper, the prime minister's wife, according to documents obtained by Torstar News Service.

The 70-page slide show presentation to the Conservative party's national council last weekend by executive director Dimitri Soudas appears to acknowledge that Prime Minister Stephen Harper has work to do to reach out to Canadians and win their trust. Under "Tactical Plans/Strategies," it says the party

will "Connect (the) PM with people," "Leverage Mrs. Harper" and launch a "With Mrs. Harper" video series among others to put a more human face on the government and grab eyeballs in the digital age. The document was sent anonymously to Torstar News Service after the weekend meeting. TORSTAR NEWS SERVICE

PC campaign plans leaked

The PowerPoint presentation is a blueprint of timelines and actions to be taken.

- It defines what success looks like: "Ensure we don't wake up on October

20, 2015, with Justin Trudeau as Prime Minister."

- It makes no mention whatsoever of NDP Leader Tom Mulcair.

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Killer tiger terrorizing villagers in north India

Hunter. Big cat's 10th victim was 50-year-old man collecting firewood Sunday night in the forest

A tiger prowling near villages in northern India killed its 10th person in six weeks, a day after eluding a trap set by hunters with a live calf as bait.

The animal ate parts of the man's leg and abdomen before being scared away by villagers waving shovels and metal rods in the forest outside Kalgarh village in Uttarakhand state, according to Saket Badola, deputy director of the national park.

"On Saturday night the tigress almost fell in a trap and was close to the calf," Badola said. "But she did not attack the bait and left silently."



This undated photo shows a tiger at the Corbett Tiger Reserve in the northern Indian state of Uttarakhand. Forest officials said a tiger that strayed from the park killed its 10th victim Sunday. CORBETT TIGER RESERVE/THE ASSOCIATED PRESS

The female tiger is believed to have strayed from Jim Corbett National Park, India's oldest national park, which was established in 1936 to provide endangered Bengal tigers with safe territory.

Reports that a killer tiger was on the loose began circulating Dec. 29, when a

65-year-old man was mauled in Sambhal district of Uttar Pradesh state, across the border from Uttarakhand. Since then, thousands of terrified villagers have been told to watch out for the animal and to avoid the forests.

The tiger has been on the prowl across an area spanning

some 130 kilometres.

"The animal has started attacking humans because it is not getting its natural prey," said Rupek De, chief wildlife warden of Uttar Pradesh.

He said the hunters hired to kill the animal were having trouble tracking it in dense forests. The team also was understaffed; only three of the six hunters hired for the job showed up for work.

On Sunday, angry villagers seized a national forestry office, demanding protection and compensation for the families of the dead.

"We can understand the predicament of the villagers," Badola said. "The villagers do not have toilets in their homes. They go out in the open or forest areas to answer nature's call. In this scenario it is difficult to give protection to each and every villager. We have advised them to move in groups."

THE ASSOCIATED PRESS

Kenya. Gay activists urge Ugandan leader to reject anti-homosexuality bill

Dressed in rainbow wigs and masks, gays and lesbians in Kenya on Monday joined a global effort to protest against an anti-homosexuality bill passed by Uganda's parliament that is now in the hands of the president.

Activists are trying to pressure Ugandan President Yoweri Museveni into not signing the bill, which increases prison times for homosexual acts. The bill, which passed in December,

also prescribes a seven-year jail term for a person who conducts a marriage ceremony for same-sex couples.

Museveni has opposed the bill as harsh, but gay activists say Museveni's other recent thoughts on the matter — that gays are often "abnormal" people who should be "rehabilitated" — fuel discrimination against gays in a country where homosexuality is already illegal.

THE ASSOCIATED PRESS



Kenyan gays and lesbians wear masks to preserve their anonymity as they stage a rare protest outside the Uganda High Commission in Nairobi, Kenya, Monday. BEN CURTIS/THE ASSOCIATED PRESS

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Russian icon a hero to one Canadian



Vladislav Tretiak, centre, visits Michael Hunter, left, and his mother, Julie Hunter, at a Moscow hospital in 1987. The Russian hockey hero helped boost the Canadian's spirits after Hunter fell seriously ill during a school field trip to the former Soviet Union. COURTESY MICHAEL HUNTER

Vladislav Tretiak. In 1987, Michael Hunter ended up in a hospital during a school trip to Russia — and then got an unexpected visitor



FERNANDO CARNEIRO
Metro in Toronto

When Vladislav Tretiak lit the Olympic Cauldron at Friday's Opening Ceremony in Sochi, one Toronto-area man beamed as bright as the flame.

Michael Hunter, a 41-year-old insurance agent living in Bolton, was visited by the Russian hockey great while in a Moscow hospital 27 years ago.

In 1987, Hunter took part in a school field trip to the Soviet Union. His Crohn's disease — a serious bowel condition — flared up during the flight.

While the roughly 60 other children from Notre Dame Secondary in Bramp-

ton, Ont., and one other school spent 10 days touring Moscow and St. Petersburg, Hunter spent two weeks in the hospital.

"Did I see much of Russia? No, I saw the intersection across from the hospital," Hunter said. "I was numb after the surgery and didn't have a lot of life in me. I didn't know what was happening because no one spoke English."

Fortunately, Hunter's mother, Julie Hunter, was a chaperone on the trip. She was invited for dinner by the Canadian ambassador in Moscow, and when it was mentioned that Hunter was a former hockey goalie, the ambassador said that Tretiak was in town, and offered to invite him to visit the hospital.

"When word got out that Tretiak was coming in, I had reason to get up and something to get excited about," Hunter said. "And it wasn't just me: The entire wing of the hospital was excited. They started asking why this national hero was coming

Star goalie

- Vladislav Tretiak is considered to be one of the greatest goaltenders in the history of hockey.
- He became internationally famous after his performance in the Summit Series against Canada in 1972.
- While he attracted the attention of many NHL teams, it was Montreal that ultimately drafted him in 1983. The Soviet government blocked that move.



Vladislav Tretiak approaches the Olympic cauldron during Friday's opening ceremony in Sochi.

MATT SLOCUM/THE ASSOCIATED PRESS

in to see this sick Canadian guy."

Tretiak arrived with a bouquet of flowers for Hunter's mother and goaltending manuals that he had written for Hunter — all in Russian, of course.

"He stayed for half an hour or so, and we took some pictures. I was very impressed with him. He's a very big guy

and friendly," Hunter said. "I was so thankful that he went out of his way to come see me. I think that he speeded up my recovery time."

Hunter said Tretiak was a good choice to be one of the two people chosen to light the Flame.

"He's a national icon," he said. "You could tell from the reaction of the nurses."



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Twitter. Canadian thrust into spotlight thanks to the #problems in #Sochi

Athletes trapped in bathrooms. Hotels still under construction. Clowns wandering the streets.

Alexander Broad is doing his best to document everything wrong and weird at the Winter Games with Twitter's latest satire-of-the-moment account, @SochiProblems.

The Internet sensation, which began Tuesday, had already amassed over 331,000 followers by Sunday. Broad was hoping for at most 30.

"Never in a million years. I made it as a joke. The entire idea of this came as a joke, something to laugh at," said the Pickering, Ont., native of the unexpected spotlight.

The word giant doesn't do Broad's popularity justice — @SochiProblems has more followers than the official Sochi Games or Canadian Olympic team's accounts, and has caught the attention of U.S. media such as the Washington Post, USA Today and ABC.

That's got Broad under pressure to watch the Olympics all the time for material.

What's your problem?

"From there on it just kind of grew. It's sprouted into this giant thing."

Alexander Broad, creator of @SochiProblems on Twitter, who spilled Tim Hortons coffee on himself (a uniquely Canadian problem) and then went on a search for Sochi problems

"I think the biggest thing, I feel like it's just like I've got to stay alert to everything a lot more," he says, adding he draws the line at staying up through the night.

Now Broad is wondering if a Twitter account started as a joke should become more.

"The whole idea of this entire account was a satire," he said. "I think that's what a lot of people are calling it. I made the entire thing out of a joke, and I have tweeted things that have ... some political-ish type things.

"But a lot of the things I've tweeted there's a lot of humour in it as well. So I'm still not entirely sure." **THE CANADIAN PRESS**



We're watching you ... ski

A drone camera flies about the slopestyle course during a freestyle skiing slopestyle training session in Sochi. Drones spotted hovering around the Olympic slopes aren't searching for terrorists or protesters, they're being used to transmit live video of snowboard and ski-jump competitions to your TV screen. Drones are increasingly common at sporting events, and these Olympic Games are the highest-profile showcase yet for their broadcasting uses. **SERGEI GRITS/THE ASSOCIATED PRESS**

IOC. Athletes told they can't honour dead friends while competing in events

IOC is telling Olympic athletes they may not wear armbands or stickers during competition to commemorate the dead.

The Olympic body said Monday it sent a letter to Norwegian Olympic officials after four female cross-country skiers wore black armbands in memory of an athlete's brother, who died on the eve of the Games.

The International Olympic Committee also told freestyle skiers not to wear stickers on their helmets in tribute to Canadian halfpipe skier Sarah

Burke, who died after a crash in training two years ago.

"We would say the competitions themselves, which are a place of celebration, are probably not the right place to really do that," IOC spokesman Mark Adams said. "We would like to keep that separate."

Adams said the IOC has "huge sympathy" for Burke and is willing to help athletes remember her at news conferences or a ceremony — but not at the competition sites.

THE ASSOCIATED PRESS

Punk-rock parliament?

Pussy Riot members say they may give politics 'a try'

Two members of Russian punk band Pussy Riot say they may run for seats in this year's election for the Moscow city parliament.

ment.

Nadya Tolokonnikova, appearing alongside fellow band member Maria Alyokhina at the Berlin film festival Monday, said politics "is worth a try."

The election will most likely be held in September, although no exact date has been set.

THE ASSOCIATED PRESS



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Canada

Did Flappy Bird fly too close to the sun?

Flap over app. Like Icarus, the game had a fast rise and fall to earth



ELISABETH BRAW
Metro World News in London

Apparently we're all Flappy Bird addicts: when Dong Nguyen, the Vietnamese creator of the popular mobile game, announced that he's removing it from online stores, it became big news. What makes the simple app so popular when other, flashier games are not? Metro spoke with Vili Lehdonvirta, a research fellow at Oxford University's Oxford Internet Institute.

What's the secret behind Flappy Bird's success?

If you look at what's inside the game, the retro visual style borrows from classic

games like Super Mario, which invokes nostalgia in the user. The other important aspect is the fact that it requires skill. Most games no longer ask for such know-how. They're easy to learn, so to get good you just have to play them often enough. Flappy Bird, by contrast, is unforgiving, so success feels meaningful.

But Flappy Bird got a lot of criticism.

Yes, a lot of praise and a lot of criticism. It created controversy (*questions have been raised whether bots were used to boost its app chart popularity – ed.*), which helped it become a phenomenon. It was like, if you're not playing Flappy

Bird, you're missing out. But its success is also down to chance. Even if you followed all these steps, it's not certain that your game would be successful.

What does the success of Flappy Bird, a game created by one man in Vietnam, mean for Silicon Valley?

Indie games like Flappy Bird are becoming bigger because they have access to users through channels like the Apple Store. They go against the current design paradigm, and they rely (on) the makers' artistic sense rather than market research when they create their product. I wouldn't be surprised if game companies start incorporating Flappy Bird aspects into their design paradigm now.



End of the line Down Under

Toyota announced it will stop making cars in Australia by the end of 2017, spelling the end to auto manufacturing in the country, where car companies say high production costs and tough competition have made the business unviable. RICK RYCROFT/THE ASSOCIATED PRESS

The giving network

You know what's cool? Giving away \$970M in shares

Mark Zuckerberg and his wife, Priscilla Chan, were the most generous American philanthropists in 2013, with a donation of 18 million shares of Facebook stock, valued at more than \$970 million US, to a Silicon Valley non-profit in December.

THE ASSOCIATED PRESS

Market Minute

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Natural gas: \$4.59 US (-\$0.07)
Dow Jones: 15,801.79 (+7.71)

SALES REPRESENTATIVE

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

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Individuals interested and having the skills described possess the skills described are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Feb. 18, 2014.

PLEASE QUOTE: "ADVERTISING SALES REPRESENTATIVE – Winnipeg"
in the Subject Line. All submissions will be treated as confidential.



Ads fail to jazz up taxes

Canadians appear to be tuning out another federal ad campaign, this one by the Canada Revenue Agency.

The tax agency spends about \$7 million each year touting the Harper government's special tax breaks aimed at families, small businesses and others.

But an opinion survey commissioned by the agency found fewer Canadians paying attention, and fewer taking any action as a result of seeing the ads, most of which are on television.

Less than a third of 1,000 people surveyed last year could remember the ad campaign without prompting,

the lowest unaided-recall level since the annual campaigns began seven years ago.

And only 11 per cent did anything as a result of seeing the ads, just half the rate recorded in the winter of 2009, the high-water mark of the campaign.

The results are found in an internal government analysis from last July, obtained by The Canadian Press under the Access to Information Act.

The weak results parallel the declining impact of the Finance Department's ubiquitous Economic Action Plan ads, which federal surveys show have also elicited

an underwhelming degree of notice or action from Canadians.

Last year's CRA campaign cost taxpayers \$7.4 million, including about \$523,000 for production and \$3.2 million for placing television ads. The spots ran between Feb. 18 and April 14. The 15-second TV ads all featured the Economic Action Plan logo.

The ads, also placed in newspapers, on Internet sites and on posters in transit systems, promoted the new family caregiver tax credit, as well as four existing tax-relief measures, including the children's art tax credit.

THE CANADIAN PRESS

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LOVELY TIME TO NOT DO THIS

I've always thought of Valentine's Day as a mid-range event on my holiday ranking scale. I'd probably place it somewhere above the binge-drinking mess of St. Patrick's Day but not nearly as exciting as Canada Day. I know the whole thing has very little to do with true love and a lot to do with selling expensive gifts but I'm a sucker for candy conversation hearts and cheesy greeting cards nonetheless.

February 14 doesn't have to be the most romantic day of the year, but if you find yourself coupled up this Friday and you'd like to stay that way then you should probably try to put in a little effort. There's still plenty of time to plan something special for your significant other, so here are some guidelines on what not to do this Valentine's Day.

Do nothing. Disappointment abounds during this time of year, especially when people aren't up front about their expectations. You don't have to deliver a dozen overpriced roses



SHE SAYS
Jessica Napier
metronews.ca

or orchestrate a private dinner for two in a candlelit restaurant, but the least you can do is pick up a card and scribble down a few heartfelt sentences. When it comes to matters of the heart, no one ever regrets being over prepared.

Break up with your beau. You'd think this was a pretty obvious V-Day "don't," but according to a recent survey by online dating site AYI.com, 22 per cent of individuals polled said that they had been dumped on Feb. 14. It's hard to believe that so many people possess such poor timing but perhaps it's understandable given all the stress that surrounds this particular holiday. Even so, try to have a heart and wait 24 hours before delivering the

bad news to your soon-to-be ex.

Protest just for the sake of it. We all know Valentine's Day is special because of the person you spend it with and not because of how much money you spend on them. However, restaurant owners, florists and purveyors of gourmet choco-

lates count on this annual event to bring in some cash during an otherwise slow winter season. Rather than self-righteously boycotting the Hallmark holiday, why not show your love by supporting small businesses in your area. Find your sweetheart a unique and thoughtful gift from an independent local retailer and it'll be a win for everybody.

Give in to social media envy. Let's face it, this Friday your various social media newsfeeds are going to blow up with heavily filtered images of bountiful floral bouquets and sickeningly sweet proclamations of love. Some digital sentiments might be touching; the majority will be annoying and may leave you feeling jealous and depressed. Do yourself a favour and step away from the keyboard so that you can focus on your own relationship.

Feel obligated to leave the house. Never underestimate the appeal of a low-key night in. With chilly temperatures outside and season two of House of Cards debuting on Netflix this Friday, a cosy date on the couch is a perfectly lovely (not to mention inexpensive) option. It might not look as impressive on Instagram but nothing says long-term relationship success like sweatpants and takeout Chinese food.

ZOOM

A growing visual culture



COURTESY CASEY GUTTERIDGE/THE BIG BANG UK YOUNG SCIENTISTS AND ENGINEERS FAIR

British actor stars in microbial art

A microbiologist has made a 'self-portrait' of Stephen Fry (from The Hobbit) by using the actor's own bacteria.

Zachary Copfer, from Ohio, holds a master's degree in fine art and a bachelor's in biological sciences, and says he sees this as an exciting way of exploiting the art within science to bring to life a sterile and boring field. **METRO**

Q & A

Newest selfie



ZACHARY COPFER
Microbiologist/
photographer based
in Cincinnati, Ohio.

How did you manage to get the bacteria to 'paint' this?
I received a sample of bacteria taken using a swab from

Stephen's arm. Then I made a negative from a digital photo of him and placed it on a bacteria-laden petri dish. I exposed the plate to ultraviolet radiation, killing any microbes in certain parts of the dish. This allows others to grow in areas where the negative is. I then placed it in an incubator for two days to

let the culture grow. Sometimes it can take four or five tries to get the bacteria to grow where you want it to.

What is the artistic meaning behind your work?

It touches upon the concept of an artwork's ownership, what can be regarded as the ultimate selfie.

Clickbait



IRENE KUAN
Metro Online

Organizing your own work projects is hard enough, but try adding multiple people into an assignment. This can be a big headache if organization is a challenge for you. Here are some online tools to help track project collaborations.

Asana :

Manage your teamwork without email. This free web and mobile application allows you to create projects and put conversations and tasks together. Set due dates, assign your group members tasks and have Asana track and remind them of impending deadlines.

Basecamp:

This web-based project-management tool has been around since 2004 but was revamped in 2012. Basecamp can offer to-do lists, wiki-style web-based

documents, file sharing and a messaging system, to name just some of the functions. The 2012 version of the tool allows users to use their preferred language in projects and messaging.

Pivotal Tracker:

This web tool offers a friendly user experience for team projects, offering the ability for candid conversations to optimize communication and teamwork. Are your work partners in a different time zone? Not a problem! Pivotal Tracker will help everybody stay in sync and projects stay on course.

Twitter



@metropicks asked:
Drones are used in Sochi to capture ski events. If you had a drone, what would you use it for?

@mensaghi: Scope out traffic before rush hour.

@debzv: If I had a drone, I will use it to deliver burritos.

@bcladyo: I would use drones for beer delivery! :)

@sykesoh: to pick up rob ford when he is on a famous stupor

@lisambungay: watching my kids when I leave the room.

@newcybersol: I would have a drone follow our beloved premier Alison Redford. Maybe that would keep her spending in check!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

It's time you level with your significant other: there's no way you're going to watch *The Notebook* on Valentine's Day. And not just this year — you're talking about never again. The same goes for *Love Actually*, *The Vow*, *When Harry Met Sally* or any of the other certified V-Day classics. Here are five choices to make February 14 a little less boring and a little more cinematically stimulating.

ADAM NAYMAN
scene@metronews.ca



Don't Look Now

Nic Roeg's peerlessly creepy thriller about a couple menaced in Venice by witchy sisters and a red-cloaked serial killer was controversial in its day for the seemingly unsimulated sex scenes between stars Donald Sutherland and Julie Christie; look past the scandal, though, and you'll see a tender portrait of lovers brought together — and ultimately torn apart — by grief.



Mulholland Drive

This is one of the most mysterious movies ever made, but its cryptic plot and bizarre imagery can't obscure the sweetness of the scenes between Naomi Watts and Laura Elena Harring as amateur sleuths who gradually fall in love with one another. Their blonde-brunette/Betty-Veronica dynamic is framed playfully, yet there's also real passion there.

5

Films that aren't *The Notebook*

A Perfect Getaway

Don't let the B-movie packaging and cast (Steve Zahn, Milla Jovovich) fool you; this underrated 2009 thriller about two couples honeymooning in Hawaii is romantic at heart. The relationship between redneck tourists Timothy Olyphant and Kiele Sanchez is adorable, even if the movie keeps floating the possibility they're also serial killers.



Friday Night

Claire Denis is a filmmaker who loves filming bodies in motion, and she's never had lovelier choreography than in this sublime 2002 feature, which describes a brief encounter between two strangers: a woman on the verge of moving in with her boyfriend, and a stranger she meets during an epic Parisian traffic jam. *The City of Lights* has rarely looked so sumptuous, and the film's tone is so intimate that you may feel like you're intruding.



Sightseers

Vacationing psychopaths are also the subject of this demented British import, in which a sheltered Englishwoman (Alice Lowe) discovers that her new boyfriend (Nick Oram) has some worrisome hobbies. Ben Wheatley's pitch-black comedy is not for the faint of heart, but it's a brilliant deconstruction of romantic comedy tropes.

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RED RIVER COLLEGE

DVD review



The Counselor

Director. Ridley Scott

Stars. Michael Fassbender, Cameron Diaz, Brad Pitt

Golden tongues and black hearts enliven this uncommonly erudite thriller built around the pulpiest of stories. Ridley Scott directs and gaudily attired A-listers supply wicked glamour, in a drug-trade scenario that traverses the globe but mainly straddles the Texas-Mexico border. Cormac McCarthy's screenwriting debut presents Michael Fassbender's title lawyer in the classic situation, familiar to students of Greek myth and Shakespearean drama: a moral man tempted by sin and hubris and brought low by fate.

PETER HOWELL

Kevin's got a lot of Hart for his fans

About Last Night.

Comedian is set to release his next film in 2014 and he's all about connecting on Twitter



NED
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Metro World News in Hollywood

Kevin Hart is already having a pretty decent 2014, with last month's *Ride Along* breaking January box office records and bringing in more than \$90 million worldwide in its first three weeks of release. And he's hoping that success continues in February with *About Last Night*. One thing is for sure, he's not letting bad reviews get to him — even when the critics are trying to get his attention.

You're incredibly active on social media.

I'm very serious about it. It's not a game, this is not something I take for granted. I'm very, very, very committed to social media and interacting



Kevin Hart, left, stars in *About Last Night*, which opens on Friday. CONTRIBUTED

with my fans the way that I do. It's something that I think people really, really take for granted, and they shouldn't. It's free promotion, but at the same time it keeps you in contact with your fan base.

When did it first occur to you to utilize it so much?

Well, from jump. When I first saw my numbers going to what they grew to, I said I would be a fool to not dive in as much as I could because this is basically promotion that

the studio doesn't have. This is you having a direct connect with your fans. When I say to my fans, "First 200 people to meet me at Applebee's, I want to treat you," they're going to come. And those 200 people in there get to meet, connect

with me, talk to me. You have to have ways of showing that you are giving back — "Thank you, guys, for what you do, which is support me." I'm not a ghost. I'm not the legend that just walks and you never see, plain and simple.

I saw someone included your Twitter handle in a bad review of *Ride Along*, which seems like bad form.

A critic's job is to critique. At the end of the day, as an actor, if you allow that stuff to get to you, you're a fool. But you've got to ask yourself how do critics feel when they critique something, they trash it and then it shows up and it's a record-breaking box office hit? Then you just have to go back into your critic hole and critique some more. But I don't knock it, it's what you're paid to do. Your job is to critique and that's your world of expertise. But if [the film is] getting an A cinema score — which means everybody's walking out happy — then that means you have to question yourself, what you like and where your expectations are.

Books

Canuck nominated for Brit lit prize

Canadian poet Anne Carson is among the nominees for a new literary prize designed to find the best book published in Britain. The \$66,000 Folio Prize is open to any book published in Britain in 2013. The eight finalists, announced Monday, include Carson for her long-form poem *Red Doc*. The Toronto native teaches at the University of Michigan. The winner will be announced March 10 in London.

THE ASSOCIATED PRESS

DreamWorks eyes book market

DreamWorks Animation says it is launching a digital and print publisher that will produce books based on its roster of characters from movies such as *Kung Fu Panda*, *Madagascar* and *Shrek*. It says the first wave of DreamWorks Press books will likely hit shelves in time for the end-of-the-year holiday season.

THE ASSOCIATED PRESS

Television. Viewing behaviours still 'shifting'



More TV viewers are opting to catch their favourite shows on their schedule. THE ASSOCIATED PRESS

TV viewers increasingly are watching programs on their own schedule, according to a Nielsen company media study released Monday.

In the past year, time-shifting of television content grew by almost two hours, averaging 13 hours per month, the study found. Viewers averaged nearly 134 hours of live TV viewing a month in 2013, down nearly three hours from 2012.

Television still remains central to media consumption, the study found, despite the increase in time-shifted viewing and streaming video through a computer or smartphone.

On average, American consumers own four digital devices, the report found. The majority of U.S. households own

high-definition TV sets, Internet-connected computers and smartphones, while nearly half also own digital video recorders and gaming consoles. The average consumer spends about 60 hours a week viewing content across various platforms, Nielsen found. Multitasking is common; 84 per cent of smartphone and tablet owners say they use their devices as second screens while watching TV. "It's an incredibly exciting evolution in the ways people are using devices to get media," said Megan Clarken, Nielsen executive vice-president.

An offbeat survey finding: 40 per cent of adults between the ages of 18 and 24 use social media in the bathroom.

THE ASSOCIATED PRESS

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SCHOOL DIRECTOR
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

'Judge away,' says Stewart as she tries to find herself

Kristen Stewart reveals to Marie Claire magazine that instead of throwing herself into film work following her breakup with Robert Pattinson, she spent most of 2013 taking road trips with friends, working on her poetry and discovering things about herself — like the fact that she doesn't necessarily have a romantic type. "You don't know who you will fall in love with. You just don't. You don't control it," she says.

Another thing she's learned? It's OK to not be good at being a celebrity. "I'm just not very good on TV, and it's



not my main goal in life to get good at it," she admits. "People are like, 'She just can't handle' — for lack of a better word — 'the spotlight.' No, actually, I can't,

and that is totally who I am." And Stewart has definitely learned how to handle her critics: "I stand by every mistake I've ever made, so judge away," she says.

Got the munchies? Leto will be supplying the Oscars snacks

Jared Leto says there's only one thing that gets him through the endless film awards season: A packed lunch. The 42-year-old has already won a Screen Actor's Guild Award and a Golden Globe for his performance as the transgendered Rayon in Dallas Buyers Club and he is nominated for an Academy Award. He says award shows "last for sometimes hours and hours and hours." Actors and directors "do red carpet in the afternoon and you end up leaving late in the evening. I like to eat really healthy, so I bring little snacks." At the Golden Globes, Leto says he got plenty of ribbing for his snacks but within minutes, "Reese Witherspoon, Jennifer Garner, Matthew (McConaughey), everyone is reaching into my bag!"

THE ASSOCIATED PRESS



Chris Kattan

Former SNL star Kattan arrested on suspicion of drunken driving in L.A.

Authorities say former Saturday Night Live star Chris Kattan has been arrested on suspicion of drunken driving after his Mercedes struck a Department of Transportation vehicle on a Southern California freeway.

The California Highway Patrol says the Mercedes was seen weaving in and out of lanes shortly before 2 a.m. Monday on the 101 freeway in Los Angeles. The CHP says Kattan drove into a DOT

vehicle that belonged to a crew conducting maintenance on a guardrail. No injuries are reported. The 43-year-old Kattan was jailed on suspicion of DUI.

Kattan, who was on SNL from 1996 to 2003, was best known for the character Mango. He also starred alongside Will Ferrell in the 1998 film A Night at the Roxbury. A call to Kattan's agent wasn't immediately returned.

THE ASSOCIATED PRESS



Jared Leto ALL PHOTOS GETTY IMAGES

Sarandon getting close with business partner

Susan Sarandon and her business partner Jonathan Bricklin, 36, have been rumoured to be enjoying a much more intimate partnership for some time, and now it seems Sarandon to be hinting that the rumours are true. "Jonathan and I collaborate on different things. That means a lot of things," she coyly tells AARP The Magazine in its latest issue. When asked by the magazine if those things include romance, Sarandon responds, "Yeah, I think so." Sarandon and Bricklin are co-investors in NYC ping pong bar Spin.

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AMBER HEARD
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Twitter



@rustyrocks
In Berlin tonight joking about Hitler.



@SteveCarell
So far this year I have had Olympic Fever, World Series Strep Throat, and Superbowl Diarrhea.



@BRUCKHEIMERJB
Had dinner with President Jimmy Carter last week. Great humanitarian and one of the nicest people I've ever met. Hope to share a pic soon.

Confidently leave the (home-workout) nest

Transition. Joining a gym for the first time can be intimidating, but it doesn't have to be

IZABELA SZYDLO
life@metronews.ca

I had convinced myself that I hated the gym before I ever set foot in one. The truth is, I was intimidated.

Instead, I started working out at home using dumbbells for resistance, a skipping rope for cardio and gym rat friends for advice. A year and 20 lost pounds later, I was ready to make the transition to a gym. But, despite having more fitness knowledge, I still felt apprehensive.

Venessa Coda, a Toronto-based personal trainer and licensed Zumba instructor with several martial arts under her belt, answered some of my concerns and put my gym fears to rest.

Should I be trying to burn fat and tone at the same time?

Fat burning and toning are two different things, but should be done together to get ultimate results. While you can target certain muscles to tone, you cannot target where you want to burn fat. To burn fat, you need to eat clean, and do cardiovascular and weight training. I would recommend a body fat test. It is a much better indicator of health than body mass index, which is simply a ratio of weight divided by height squared and does not take into account what our bodies are actually made of —



Personal trainer Venessa Coda instructs Izabela Szydlo on how to do a wall sit. LIZBEDDALL.COM

specifically lean body mass like muscle, bone and water versus fat. Make sure you understand the instructions before taking one of these tests, as not doing so can result in an inaccurate reading.

What is the difference between machines and free weights?

The most important component in any strength training program is safety. If you are new to strength training or if you are working out alone, machines are your best bet. They provide a more controlled motion and isolate certain muscle groups. Free weights promote quicker strength gains and allow more variations in range of motion, but they require

Quoted

"You want to create a lifestyle change that will last as long as you can stay active. Be consistent, eat clean and keep setting goals for yourself."

Venessa Coda, personal trainer and licensed Zumba instructor

more balance and coordination. As a beginner, you should set up a fitness test and a gym walk-through with a professional who can show you how the machines work. Once you get more comfortable with the machines, slowly start to add a few free weight exercises.

Eventually, you want to incorporate both machines and free weights into your routine.

Some say that it is better to work out in the morning. Is there a specific time I should be hitting the gym?

Take into consideration what goes on in your day-to-day life and resolve to give yourself at least three hours a week in the gym. That equals three workouts a week. Then look at your days and see which days you tend to have a little more time. You have to be real with yourself and pick the time of day you know you will make it to the gym. Consistency is key if you want to see results. This is why it is super important to set a very realistic goal.

For your phone

Boston Marathon World Run (iPad, iPhone, Android; free)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

You can join the Boston Marathon no matter where you are by sharing your personal runs and pledges while following stories from global ambassadors as they prepare for April's race.



Is hiring a personal trainer a must?

Hiring a personal trainer is not a must but is a good idea if your budget allows it — even if it's just a few sessions to get you started on a program that is designed specifically for your needs and goals. Benefits to having a live trainer are: motivation, efficiency, improvement of technique and skills, and help with creating a fun workout. But remember, you are in control of your bank account. Do not be pressured into getting a trainer if you can't afford it. There are online resources that can help you through your workouts. Make sure you are using a reputable website, and paying close attention to instruction and watching technique closely.

3 TIPS

Catch up on the news before your next stop.



Now available on the bus.



Make all your dates even sweeter with delicious dark chocolate



This recipe produces 12 Medjool Date Pecan Chocolate Truffles. COURTESY NATURALDELIGHTS.CA

Sweet Week. Metro is getting in the mood with a different V-Day treat every day — and this one happens to be healthy, too

THERESA ALBERT
myfriendinfood.com

I had the distinct pleasure of going to Bard Valley, Ariz., where Medjool dates are grown. I went 50 feet up a

FLASH FOOD



From your fridge
to your table in
30 minutes or less

palm tree, picked one off the cluster and ate it. Pretty cool experience.

Medjool dates are dried right on the tree; no further treating or drying is required.

They are wrapped in burlap to control pests rather than sprayed so they are effectively “organic” without the label.

1. Using a small paring knife, cut a slit into each Medjool date and remove the pit. Gently squeeze a date open and stuff the pecan half inside. Repeat with remaining pecan halves and Medjool dates.

2. Using a double boiler, gently melt the chocolate and remove from heat once it's melted. Be sure to keep any moisture, water or even steam away from the chocolate.

3. Using a fork, dredge the stuffed dates through the dark chocolate and place onto a wire cooling-rack. Let cool.

Ingredients

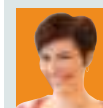
- 12 Natural Delights Medjool Dates, pitted
- 12 pecan halves
- 5 oz (150 g) dark chocolate (70%), chopped
- 2.5 oz (75 mL) white chocolate, chopped

4. Place the melted white chocolate into a small piping bag. Drizzle the white chocolate decoratively back and forth over the chocolate dipped date. Let cool completely before serving.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY NATURALDELIGHTS.CA

Health Solutions

Replace those crappy gooey chocolates



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Even your friendly neighbourhood nutritionist craves chocolate for Valentine's Day!

I can't and won't eat crappy sugar-filled creamy chocolates — only exquisite dark, antioxidant-filled cocoa will do.

But sometimes chewing on a chunk of chocolate isn't all that satisfying and some kind of filling is required.

Luckily, there is a simple, healthy solution for my high maintenance sweet style — surround something superb with dark chocolate!

Medjool dates are a shelf stable fresh fruit that is high in nutrients and super sweet, so you only need two to satisfy any craving.

These chewy

little treats are packed with potassium and fibre but are miraculously low on the glycemic index, given how sweet they taste.

The uptake of sugar within your body is slowed by fibre, nutrients and fat and that matters to everyone, not just those with diabetes.

Keeping the blood sugar even keeps a steady flow of glucose to the brain and an even call of insulin from the pancreas, thereby forestalling two syndromes that are rife in North America: metabolic syndrome in both the brain and the body.

Dipping Medjools in melted dark chocolate couldn't be easier. And the best way to win a healthy heart, yours or your lover's, is to care for it every day — including Valentine's.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Ingredients

Chocolate Pudding

- 1/2 cup (125 mL) sugar
- 6 tbsp (90 mL) unsweetened cocoa powder
- 2 1/2 tbsp (37 mL) cornstarch
- 1 1/2 cups (375 mL) 2% milk, divided
- 3 egg yolks
- 1 1/2 cups (375 mL) 35% whipping cream
- 1 tsp (5 mL) vanilla
- 5 oz (150 g) dark chocolate (65 to 70% cacao), chopped
- Seasonal berries

Chantilly Cream

- 1/2 cup (125 mL) 35% whipping cream
- 1 tbsp (15 mL) brown sugar

Dessert. Choco Pudding with Chantilly Cream

1. Chocolate Pudding: In heat-proof bowl, whisk sugar, cocoa and cornstarch. Whisk in 1 cup (250 mL) of milk and egg yolks until a smooth paste; set aside.

2. In saucepan, combine remaining milk and cream; heat over medium heat until just steaming and bubbles form around edge, stirring occasionally.

3. In a thin steady stream, gradually whisk hot cream into chocolate paste. Gradually whisk back into saucepan and cook, stirring gently for 8 minutes

or until mix coats the back of a spoon. Remove from heat; stir in vanilla. Gradually stir in chocolate until melted and smooth. Pour into dessert bowls; place plastic wrap directly on surface. Cool and refrigerate until chilled, about 2 hours.

4. Chantilly Cream: In old mixing bowl, whip cream for 1 minute. Add sugar and whip until soft peaks form.

5. To serve, top pudding with seasonal berries and scoop of cream. **DAIRYGODNESS.CA**

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HOW TO JUGGLE

WORK AND CLASSES

Looking for a part-time job while juggling classes and homework can be a challenge. Tang Choy, an employment support counsellor from Ryerson University's Career Centre, has numerous tips that will help students cut their job search time in half.

- 1** Spread the word. Let your family, friends and acquaintances know that you are looking for part-time work and indicate your area of interest. Remember, if your connections don't know that you are seeking employment, they can't help. Apply the 80/20 rule when sharing your job search progress with your social network online — 80 per cent of your updates should benefit/help others, and the other 20 per cent can be self-promotional.
- 2** Research and prepare. Target your job search by researching compan-



LIGHT POE T/SHUTTERSTOCK

ies you want to work for, and remember that everyone you meet could potentially have a job for you. Prepare and rehearse a 30-second pitch that you can use on a prospective employer to highlight your relevant skills and experience.

- 3** Tailor your resumé and cover letter. Use key words in your resumé and cover letter that are included in the job description.
- 4** Look on- and off-campus. Check out employment opportunities on campus,

and talk to your professors to see if they can use an extra hand. Off campus, visit company websites and connect with professionals in the field. Also consider staffing agencies that provide opportunities for temporary work. — *Metro News Services*

PACE PREPARES YOU FOR THE FUTURE

After graduating from the University of Winnipeg in 2006 with her bachelor of arts degree in business administration, Stephanie Leung knew she would need to specialize in a specific area in order to remain competitive and set herself apart from the hundreds of other graduates.

Fortunately, during her undergraduate studies, she realized her passion for human resources, which led her to enrol in PACE's human resource management diploma program in 2007.

"The PACE program featured courses and workshops that covered all facets of the human resources field, allowing me to gain an excellent understanding of human resources," says Leung, who is employed as a human resources adviser at Price Industries.

"This proved to be truly beneficial as it prepared me for the tests I needed to earn my certified human resources professional (CHRP) designation."

Not only did the PACE program successfully prepare her to obtain her CHRP designation, but it also provided Leung with a relevant internship opportunity in the HR field to help build her portfolio.

"I believe that these opportunities would not have been possible had I not completed



Stephanie Leung

CONTRIBUTED

the human resource management diploma in PACE, which led to my successful career as an HR professional," Leung says.

For more information about this program, visit pace.uwinnipegcourses.ca.



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DISCOVER · ACHIEVE · BELONG

HELP ENHANCE QUALITY OF LIFE FOR RETIREES

NEW PROGRAM AT RED RIVER COLLEGE

Keeping active and engaged allows older adults to enjoy better mental and physical health for the rest of their lives.

This is where Red River College's therapeutic recreation facilitators fit in.

"The students of the new program therapeutic recreation facilitator for older adults learn to develop and co-ordinate activities for older residents that are both relevant and holistic that will enhance their quality of life," says Gail Mireau, program manager, community services and education for the school of continuing education, Red River College.

"With boomers approaching retirement age, they will increase the demand for these types of program and services."

Mireau says the retirement community is made up of people who are no longer defined by their occupational roles, but by their personal interests and social relationships.

A therapeutic recreation facilitator can



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do wonders for the mental and physical well-being for retired people, and is also rewarding work for the facilitator.

Program graduates are prepared to work with older adults and adults with disabilities in therapeutic and leisure recreation programming. Employment may be found in long-term care, hospitals, rehabilitation centres, adult day centres

and community-based settings.

"Workplace safety, dignity and health regulations are a key component of the program," Mireau says.

The program includes two, 100-hour field work placements that provide the students an opportunity to practise their learning in both a community and a facility-based site.

PROGRAM INFO

The Red River College therapeutic recreation facilitator for older adults program can be completed within nine months (full time) and is available as a part-time option.

The program has been redesigned to match the demands of the aging population. This fall will be the first group that goes through the new program.

Students must have Grade 12 English as part of the entrance requirements to apply.

"Students will put theory into practice in community- and facility-based settings through practicum and field work courses," Mireau says. "To be successful you must enjoy working with older adults and should have good oral and written communication skills in the English language and be physically able to perform tasks as required."

For more program information, visit rrc.ca/rec or rrc.ca/trf (part-time link).



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BECOME A PROFICIENT PHARMACY TECHNICIAN

AT HERZING COLLEGE

New entrance requirements into the pharmacy technician program at Herzing College, by the Canadian Association of Pharmacy Technicians (CAPT), means students will be better prepared to become proficient and successful pharmacy techs.

"We work with CAPT to ensure the highest quality training," says Jenna Boholij, community relations co-ordinator, Herzing College, Winnipeg campus.

These new admission requirements require students to have a Manitoba secondary school diploma with a minimum Grade 12 English, Grade 11 or 12 math, biology and chemistry or GED (prior learning and experience may be recognized, but students are required to contact Herzing directly for more details).

The pharmacy technician program is an 11- or 12-month program that teaches students the necessary skills and academic knowledge for positions in community

REQUIREMENTS

Applicants who do not possess these new entrance requirements may contact Herzing admissions to determine how to best acquire the required items.

Along with the academic requirements for entrance into the program, each applicant is required to clear a police criminal record check.

and institutional pharmacies, as well as other pharmaceutical companies.

This program provides an overview of the theory and principles of the pharmacy technician. Areas of study include accurately and safely processing prescriptions, aseptic techniques, controlling inventory, keeping accurate and confidential records, third-party billing, acting within relevant legislation, and effectively communicating orally and in writing.



CONTRIBUTED

Students will learn pharmacy practice, pharmaceutical mathematics, communication skills, laws and ethics, drug preparation and dosage, pharmacy software, medical terminology, pharmacology, hospital pharmacy and career development skills prior to their eight-week internship.

"Our career development department works with students to organize internships and find employment opportunities after graduation," Boholij says.

Graduates will be prepared to work

under the supervision of a registered pharmacist as members of an interdependent health-care team. After successful completion of the program, students may go on to pursue careers in community pharmacies, institutional pharmacies and other environments such as mail order pharmacies, home care, and various other positions within pharmaceutical companies.

For more on the pharmacy technician program, visit herzing.ca/winnipeg.

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VISIT WELLINGTON AT CAREER FAIRS

Career fairs are a great opportunity to check out a variety of different career options and school programs.

For those considering a career as a massage therapist, Wellington College will be hitting the career fair circuit this spring and hopes you will stop by its booth to sit down and chat about this hands-on career — and even get a free massage in the process.

“There will be many staff and students available to answer any questions a person may have about becoming a massage therapist, our programs and what is required during their study,” says Brie Timings, public relations, Wellington College.

One of the first big career fairs that Wellington will hit this spring is the Brandon Career Symposium, March 3-5, as well as the Ashern Career Fair March 26, and the Wabowden Career Fair March 11.

But the big one for Wellington College is the Rotary Career Symposium, March 18-19, which Timings encourages everyone

to attend and check out what Wellington has to offer.

“We are also happy to give free massages during the symposium so you can test out first-hand what our students are learning,” Timings says.

Wellington College offers two programs to become a massage therapist — the full-time program is taken over two years, and the distance education program is taken over three.

“Depending on your lifestyle and circumstances, we have a program that will fit your schedule,” Timings says.

Application deadline for the distance education program is May 31, while the deadline for the full-time program is July 15.

“We only have the one start date per year so now is the time to apply,” Timings says.

For more information about Wellington College, visit wellingtoncollege.com or call 204-957-2402.



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LEARN MASSAGE THERAPY AT ROBERTSON

Massage therapy is a career with a variety of possibilities.

There are many different paths to choose from, whether it is owning your own clinic or working out of your home, to working with sports teams or internationally, or even out of a spa setting.

"Massage therapy is a rapidly changing and growing field," says Emah Christiansen, RMT, and program co-ordinator for the massage therapy program at Robertson College.

This program is 2,200 hours in length and students will receive extensive training in the management of acute and chronic injuries, chronic disease, the maintenance of health and wellness, and reduction of the symptoms of stress and anxiety.

"They will graduate feeling prepared to support their chosen client population with both the hands-on techniques and knowledge," Christiansen says.

Students will learn about anatomy, physiology, pathophysiology, kinesiology, neuroanatomy, orthopedic assessment, research methodology, ethics and human relations, nutrition, and pharma-



CONTRIBUTED

cology. They will also study therapeutic techniques for treatment such as joint mobilizations, neuromuscular techniques, connective tissue techniques, Swedish

technique, trigger point therapy, and many more.

Not only will students gain the skills to thrive in today's job market, but they

will also understand the importance of remaining current and informed about the ongoing research and discoveries in their field.

"Our students will understand how unique and important their work is and they will use their hands to facilitate health in a world that is afraid to touch," Christiansen says.

At the end of the program, students will take part in hands-on work experience at a massage therapy clinic in Winnipeg. This experience is vital to the learning process since it gives students a chance to gain an understanding of the profession in a real-world setting.

Applications are now being accepted for the April 28 intake of the massage therapy program.

Robertson College is a recognized member of the Canadian Council of Massage Therapy Schools and adheres to national standards/learning outcomes in anticipation for a national accreditation process.

For more information about this program and Robertson College, visit robertsoncollege.com.

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STUDY YOUR OPTIONS

AT WTC OPEN HOUSE



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Whether you are deciding on post-secondary education for the first time, exploring new career paths, or are just looking to gain new skills, Winnipeg Technical College (WTC) has options for you.

To help with your search, WTC will be opening its doors Thursday to the public for

its annual open house from 9 a.m. to 8 p.m.

All of WTC's 17 full-time programs will be open for the public to explore.

"We encourage our guests to visit programs of interest and try a hands-on activity relative to the program," says Jinjer Lorenz, marketing and recruitment officer.

Lorenz says this open house is a great opportunity for prospective students to try their hands at braiding in hairstyling, learn about electrical currents and switches in industrial electronics, see motorsport's dynamometer in action, test your colour vision in production art, and try 2D and

3D computer-assisted drafting in technical drafting.

"Guests can expect to gain the information they need to help make an informed decision about their future," Lorenz says.

In a survey conducted by the college, 97 per cent of WTC's 2013 graduate students agreed that instructors truly cared about their success.

"The open house is our opportunity to showcase our dedicated staff and employment focused programs to the public," Lorenz says. "The best way to help future students make a decision about choosing a post-secondary institution is by encouraging them to visit the campus to experience the atmosphere for themselves."

Registration is not required to attend, but you may register with a group for a guided tour throughout the day and evening.

Applications for programs are being accepted and seats are still available for various programs starting in September.

WTC is offering a special promotion just for Open House guests.

All guests that attend the open house will receive a voucher that waives the fee for either a domestic, international or ESL application. These vouchers can be redeemed until March 14.

For more information about WTC or the open house, visit wtc.mb.ca.



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CFL

Cvetkovic calls it a career

Long snapper Chris Cvetkovic is retiring from the Winnipeg Blue Bombers after 11 seasons.

Cvetkovic finishes his career with 161 games, 66 special-teams tackles and will retire as one of the most recognizable members of the community as a Blue Bomber.

The 36-year-old came to the Bombers from the Saskatchewan Roughriders in 2003 after spending his rookie season in Regina and has been a key part of the Winnipeg organization both on and off the field.

"He was a great locker-room guy and a player whose efforts both on and off the football field will be missed," said Bombers general manager Kyle Walters.

Cvetkovic has lived in Winnipeg year-round since 2005 and in 2012 started a not-for-profit organization called Cvet's Pets that helps local Winnipeg No-Kill Animal Rescue Programs. He has worked with several charities and also organized a trip to Mexico with other CFL players where they spent time volunteering at an animal sterilization clinic.

In other Bombers news, the team acquired import defensive back Chris Randle and the 26th pick in this year's draft from the Calgary Stampeders.

Calgary receives Winnipeg's 24th overall selection in the 2014 CFL draft in exchange.

The Blue Bombers also signed Randle to an extension, though details of the agreement were not disclosed. **THE CANADIAN PRESS**



Canada's Alex Bilodeau celebrates winning the gold medal in men's moguls alongside countryman and silver medalist Mikael Kingsbury and bronze medalist Alexandr Smyshlyaev of Russia at the Sochi Olympics on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

Canada's one-two punch repeated

Freestyle skiing. Bilodeau defends gold, Kingsbury earns silver to match Montreal sisters' moguls feat

Alex Bilodeau is back atop the Olympic podium and he says he has his teammates to thank for it.

The freestyle skier from Rosemere, Que., defended his gold medal in men's moguls at the Sochi Olympics on Monday, edging his team-

mates Mikael Kingsbury of Deux-Montagnes, Que., who took silver, and Marc-Antoine Gagnon of Terrebonne, Que., who finished fourth.

Bilodeau, Canada's first gold medalist four years ago in Vancouver, had a flawless final run to earn a score of 26.31.

"It's a great feeling, but I need to first of all thank all my colleagues," Bilodeau said. "I was the third to go; there were two other Canadians after me. Every day they push me in training and that's why I got my best skiing tonight.

That's why I'm the best skier I have ever been right now and the guy that finished second, he is going to win everything after I have gone."

Bilodeau, who is the first moguls skier to defend an Olympic title, received a long celebratory hug from his brother Frederic right after his victory. Bilodeau says Frederic, who has cerebral palsy, is his hero and he dedicated his gold medal in Vancouver to him.

"It was amazing. My brother is my everyday inspiration," he said. "Like I say all the time,

if he had the life that I have lived he would be a three-time Olympic champion."

Kingsbury, who has been Bilodeau's main rival on the World Cup circuit this season, had a small stumble in his final run to finish with 24.71.

Russia's Alexandr Smyshlyaev was third with 24.34.

It's the second one-two finish for the Canadian moguls team at these Games, after Montreal sisters Justine and Chloe Dufour-Lapointe won gold and silver in the women's competition on Saturday night. **THE CANADIAN PRESS**

Hamelin on track for more gold medals



Canada's Charles Hamelin kisses his girlfriend and teammate Marianne St-Gelais after winning gold in men's 1,500-metre short-track speedskating on Monday. PAUL CHIASSON/THE CANADIAN PRESS

Charles Hamelin is a man on a mission.

In what could be the first of several trips to the podium, the star short-track speedskater won a gold medal in the men's 1,500 metres at the Sochi Olympics on Monday.

The native of Ste-Julie, Que., is a medal favourite in his three other events.

"I'm going through the full range of emotions," Hamelin, 29, said after finishing in two minutes 14.985 seconds to edge out Han Tianyu of China. "Of course I want to get back on the

In good company

With the silver medal he won in the relay event in Turin in 2006, Charles Hamelin now has four Olympic medals, one short of former teammates Marc Gagnon and François-Louis Tremblay.

podium. But short-track speedskating is not an easy sport."

Hamelin won gold in the 500 metres and the 5,000-metre relay at the 2010 Games in Van-

couver, but was seventh in the 1,500.

Hamelin, nicknamed "The Locomotive of Sainte-Julie," was virtually unbeatable on the World Cup circuit this season, winning six events.

Viktor Ahn earned the bronze Monday, giving Russia its first-ever short-track medal. J.R. Celski, the 2010 bronze medalist from Federal Way, Wash., finished fourth.

"He (Hamelin) deserves it," Celski said. "He went out there and raced his (rear) off."

THE CANADIAN PRESS

4 SPORTS



Canada skip Jennifer Jones yells after throwing her rock during the third end against China during Winter Olympics action in Sochi, Russia on Monday. Canada won 9-2. NATHAN DENETTE/THE CANADIAN PRESS

Jones and Canada withstand the roar

Curling. Russian fans' attempts to rattle our team come up short as China falls 9-2 in Sochi

Skip Jennifer Jones and Team Canada opened the Sochi Olympics curling competition with a 9-2 victory over China on Monday.

The Winnipeg skip built a 3-0 advantage and then opened the gap by drawing for three in the fifth end to give Canada a 6-1 lead.

Chinese skip Bingyu Wang conceded in the seventh end.

"We're pretty proud of that start," Jones said. "It's our first Olympics and we came out and played really well from the first end on against a great team."

Jones is gunning for Canada's first women's Olympic gold since the late Sandra Schmirler's team won the title in 1998.

A rock in a hard place

"They kind of were on the wrong side of the inch today and we played well."

Winnipeg skip Jennifer Jones describes the play of her opponents from China

The Canadians had been expecting a tough test against China, the 2009 world champion and 2010 Olympic bronze medallist.

The Chinese women are coached by Marcel Rocque, who won three men's world titles playing lead for Edmonton's Randy Ferbey.

The 3,000-seat Ice Cube Curling Centre was filled mostly with Russian fans, who broke into chants of "Rus-si-a!" and cheered virtually every rock thrown by the Russian team. Russia's 22-year-old skip Anna Sidorova has become a bit of an international celeb-

rity after posing in a racy — teddy, thigh-high stockings and heels — picture.

For Brad Jacobs' rink in the men's opening draw earlier in the day, a group of Canadian fans wore curling rocks for hats, adorned with the slogan "Team Canada Rocks." A woman held a sign that read "Team Canada Has 'Real' Stones."

Lead Dawn McEwen's husband Mike — skip of Winnipeg men's team at the Sochi Olympic trials — and Jones' partner Brent Laing, a two-time Brier and world champion with skip Glenn Howard, were in the crowd for the women's game.

Elsewhere, Sweden beat rival Britain 6-4 in a tense, strategic opening game between two favourites for the title.

Switzerland beat the United States 7-4 and Russia delighted its raucous fans by defeating Denmark 6-4 in the other games. **THE CANADIAN PRESS**

Curling

Jacobs' rink upset by Switzerland

Canada made a stuttering start to the defence of its men's Olympic curling title on Monday, following up a scrappy win over unheralded Germany with a surprise loss to Switzerland on a sobering day for the big gold-medal favourites.

By the end of opening day, Sweden was the only team 2-for-2, with wins in tough matches against the Swiss and Britain.

After becoming the first team in Canada's storied curling history to go through Olympic trials unbeaten, Brad Jacobs' rink was widely seen as the overwhelming favourite for the games.

But Canada was sloppy in beating Germany — arguably the weakest lineup in the 10-team competition — 11-8 in the morning and then was upset 5-4 by Switzerland in the evening.

Jacobs goes up against Sweden on Tuesday.

THE CANADIAN PRESS

Alpine skiing

Gagnon hopes to fight through pain

Canada's Marie-Michèle Gagnon is hoping to continue competing at the Sochi Olympics, despite dislocating her shoulder in a fall during the slalom run of the women's super combined race Monday.

The skier from Lac-Etchemin, Que., hit a gate and lost control of her skis before crashing into the snow.

THE CANADIAN PRESS

Luge

Canadians fall behind Germans

Germany's Natalie Geisenberger closed in on what appears to be an inevitable Olympic gold medal Monday, finishing the first two runs of the women's luge competition in one minute 39.814 seconds.

That's 0.766 seconds better than her countrywoman Tatjana Huefner, who took the title at the Vancouver Games.

Canadian lugers were also in the mix, with Alex Gough in fifth and fellow Calgarian Kimberley McRae in sixth. **THE ASSOCIATED PRESS**

Women's hockey. Patience guides Canada past Finland's star goalie

The story of Canada's first win in the Olympic women's hockey tournament was the shot-out-of-a-cannon enthusiasm of its rookies. The patience and perseverance of the veterans was the tale of the second.

They'd seen Noora Raty's act before. Finland's goaltender mows down a ton of rubber and can single-handedly keep her country in games against Canada and the United States.

Monday's game was scoreless deep into the third period and there was the whiff of an upset in the air.

But three-time Olympian Meghan Agosta-Marciano

broke the tension with a power-play goal at 9:27. Jayna Hefford, playing in her fifth Winter Games, quickly added another and Rebecca Johnston sealed the 3-0 win within a seven-minute span.

Shannon Szabados earned a 14-save shutout, while Raty stopped 39 of 42 shots in front of an announced 4,837 at Shayba Arena. Canada and the United States, both 2-0, secured berths to the semifinals Monday. Canada and the U.S. finish the round-robin against each other Wednesday in what could be a preview of the gold-medal game. **THE CANADIAN PRESS**



Natalie Spooner of Canada shoots the puck wide of the net against Finland goalie Noora Raty on Monday in Sochi, Russia. MATT SLOCUM/THE ASSOCIATED PRESS

MEDALS

Nation	G	S	B	Tot.
Canada	3	3	1	7
Netherlands	3	2	2	7
Norway	2	1	4	7
Russian Federation	1	2	3	6
United States of America	2	0	3	5

WHAT CANADA DID

MONDAY

ALPINE SKIING

Women's Super Combined Downhill - Marie-Michèle Gagnon, Lac-Etchemin, Que., 21st (one minute, 45.39 seconds)

Women's Super Combined Slalom - Marie-Michèle Gagnon, Lac-Etchemin, Que., DNF.

BIATHLON

Men's 12.5 km Pursuit - Nathan Smith, Calgary, 11th (34 minutes, 37.7 seconds, +49.1 seconds); Jean-Philippe Le Guellec, Shannon, Que., 26th (35:45.3); Brendan Green, Hay River, N.W.T., 35th (36:21.2)

CURLING

Men's Round Robin Session 1 - Canada 11 Germany 8

Men's Round Robin Session 2 - Switzerland 5 Canada 4

Women's Round Robin Session 1 - Canada 9 China 2

FREESTYLESKIING

Men's Moguls Qualification 1 - x-Alex Bilodeau, Montreal, 1st (24.70 points); x-Mikael Kingsbury, Deux-Montagnes, Que., 2nd (23.81); x-Marc-Antoine Gagnon, Terrebonne, Que., 5th (22.90); x-Philippe Marquis, Quebec City, 6th (22.43). x-qualified for Final 1

Men's Moguls Final 1 - x-Philippe Marquis, Quebec City, 2nd (24.32); x-Mikael Kingsbury, Deux-Montagnes, Que., 3rd (24.31); x-Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.45); x-Alex Bilodeau, Montreal, 8th (22.49). x-qualified for Final 2

Men's Moguls Final 2 - x-Mikael Kingsbury, Deux-Montagnes, Que., 1st (24.54); x-Marc-Antoine Gagnon, Terrebonne, Que., 2nd (24.16); x-Alex Bilodeau, Montreal, 3rd (23.89); Philippe Marquis, Quebec City, 9th (22.25). x-qualified for Final 3

Men's Moguls Final 3 - Alex Bilodeau, Montreal, 1st, Gold Medal (26.31); Mikael Kingsbury, Deux-Montagnes, Que., 2nd, Silver Medal (24.71); Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.35).

ICE HOCKEY

Women's Preliminary Round (Group A) - Canada 3 Finland 0

LUGE

Women's Singles Run 1 of 4 - Alex Gough, Calgary, 5th (50.464 seconds); Kimberley McRae, Calgary, 6th (50.465); Arianne Jones, Calgary, 13th (50.993)

Women's Singles Run 2 of 4 - Alex Gough, Calgary, 5th (50.402 seconds); Kimberley McRae, Calgary, 6th (50.454); Arianne Jones, Calgary, 15th (50.837)

Overall Ranking - Alex Gough, Calgary, 5th (one minute 40.866 seconds, +1.052 seconds); Kimberley McRae, Calgary, 6th (1:41.919); Arianne Jones, Calgary, 13th (1:41.830)

Runs 3 and 4 on Feb. 11

SHORT TRACK

Men's 1500 m Heats - Race 4 - x-Charles Hamelin, Sainte-Julie, Que., 1st (two minutes 16.903 seconds); **Race 5** - x-Francois Hamelin, Sainte-Julie, Que., 2nd (2:13.935); **Race 6** - x-Michael Gilday, Yellowknife, N.W.T., 1st (2:16.468)

x-qualified for semifinals

Men's 1500 m Semifinals - Race 15 - x-Francois Hamelin, Sainte-Julie, Que., 4th (two minutes 16.473 seconds); **Race 16** - Michael Gilday, Yellowknife, N.W.T., Penalty; **Race 17** - y-Charles Hamelin, Sainte-Julie, Que., 1st (2:14.480)

y-qualified for Final A; x-qualified for Final B

Men's 1500 m Finals - Final A - Charles Hamelin, Sainte-Julie, Que., 1st (2:14.985); **Final B** - Francois Hamelin, Sainte-Julie, Que., 2nd (2:21.592)

Men's 1500m Final Ranking - Charles Hamelin, Sainte-Julie, Que., 1st, Gold Medal; Francois Hamelin, Sainte-Julie, Que., 9th; Michael Gilday, Yellowknife, N.W.T., 17th.

Ladies' 500 m Heats - Race 11 - x-Marianne St-Gelais, St-Felicien, Que., 1st (43.729 seconds); **Race 13** - x-Jessica Hewitt, Kamloops, B.C., 2nd (43.447); **Race 14** - x-Valerie Maltais, La Baie, Que., 1st (44.093).

x-qualified for the quarter-finals on Feb. 13

Ladies' 3000 m Relay Semifinals - x-Canada (Marie-Eve Drolet, Chicoutimi, Que.; Jessica Hewitt, Kamloops, B.C.; Valerie Maltais, La Baie, Que.; Marianne St-Gelais, St-Felicien, Que.), 2nd, (four minutes 8.871 seconds).

x-qualified for Final A on Feb. 18

SPEED SKATING

Men's 500 m Race 1 of 2 - Gilmore Junio, Calgary, 11th (35.15 seconds); Jamie Gregg, Edmonton, (35.17); William Dutton, Humboldt, Sask., T-18th (35.278); Muncif Ouadi, Quebec City, 23rd (35.395)

Men's 500 m Race 2 of 2 - Gilmore Junio, Calgary, 7th (35.09 seconds); Jamie Gregg, Edmonton, 8th (35.10); William Dutton, Humboldt, Sask., 11th

(35.17); Muncif Ouadi, Quebec City, 29th, (35.60).

Men's 500 m Final Ranking: Gilmore Junio, Calgary, 10th (70.25 seconds, +0.94 of a second); Jamie Gregg, Edmonton, 11th (70.27); William Dutton, Humboldt, Sask., 14th (70.448); Muncif Ouadi, Quebec City, 25th (70.997).

CURLING

MEN

Monday's results

Britain 7 Russia 4
Sweden 7 Switzerland 5
China 7 Denmark 4

Canada 11 Germany 8

Norway 7 United States 4

Denmark 11 Russia 10

Switzerland 5 **Canada 4**

Sweden 8 Britain 4

Tuesday's games

Canada vs. Sweden, 5 a.m.

United States vs. China, 5 a.m.

Britain vs. Germany, 5 a.m.

Norway vs. Russia, 5 a.m.

WOMEN

Monday's results

Canada 9 China 2

Switzerland 7, United States 4

Sweden 6, Britain 4

Russia 7, Denmark 4

Tuesday, Feb. 11

Switzerland vs. Denmark, 12 a.m.

Sweden vs. **Canada**, 12 a.m.

Russia vs. United States, 12 a.m.

South Korea vs. Japan, 12 a.m.

Britain vs. United States, 10 a.m.

South Korea vs. Switzerland, 10 a.m.

Denmark vs. Japan, 10 a.m.

China vs. Russia, 10 a.m.

HOCKEY

PRELIMINARY ROUND

MEN

Wednesday's games

Czech Republic at Sweden, 12 p.m.

Latvia at Switzerland, 12 p.m.

WOMEN

Monday's results

United States 9 Switzerland 0

Canada 3 Finland 0

Tuesday's games

Germany at Sweden, 5 a.m.

Russia at Japan, 10 a.m.

Horoscopes

Aries

March 21 - April 20

No matter how strong your beliefs and opinions may be what happens today and tomorrow will make you question them. That's good.

Taurus

April 21 - May 21

Whatever your ambitions may be right now they will change dramatically over the next few weeks. Whatever happens you must believe that you are more than just a cog in the machine.

Gemini

May 22 - June 21

There is something you have wanted to do for a while but for some reason never got round to starting. What happens over the next few days will encourage you to get back to it.

Cancer

June 22 - July 23

The answer to your money worries will appear soon, so stay calm and act drastically. Sacrifices will have to be made but they won't cause you too much pain, so long as you use your head.

Leo

July 24 - Aug. 23

The planets are encouraging you to go with the flow and let others call the shots for a while. Being a Leo and a natural born leader that may not be easy but sometimes it's good to take a back seat for a change.

Virgo

Aug. 24 - Sept. 23

It would be a mistake to take on any new tasks today – in fact Saturn warns it could be disastrous. Far from adding to your workload you should be cutting back on your chores.

Libra

Sept. 24 - Oct. 23

Done argue with people who will always see things differently to you. It takes all sorts to make a world and though that doesn't mean you have to like them it does mean you have to put up with them.

Scorpio

Oct. 24 - Nov. 22

Not everyone is as dynamic as you and you would be wise to bear that thought in mind today, especially when dealing with people who seem indecisive.

Sagittarius

Nov. 23 - Dec. 21

This is an encouraging time for you as your ability to enjoy the simple things in life returns. One sad person may try to bring you down but you don't have to listen.

Capricorn

Dec. 22 - Jan. 20

You may be tempted to do a task the hard way today, simply because you want to impress people in positions of power, but it isn't necessary. What matters is that you can get the job done, not how.

Aquarius

Jan. 21 - Feb. 19

Your head and heart are working well together right now but unfortunately some people you have to deal with are so mixed up their presence in your life is becoming a liability. So get rid of them.

Pisces

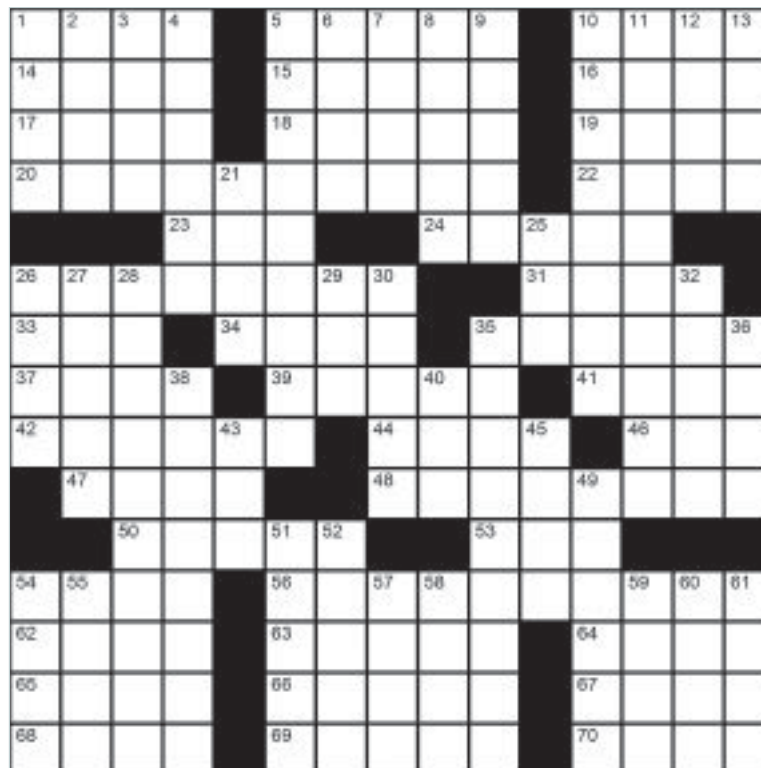
Feb. 20 - March 20

You may be tempted to act first and justify your actions later but if you do it will cost you. Today's Sun-Saturn link warns that the consequences of misguided action could be severe. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. "Get Off" band from Toronto
5. Lightweight wood
10. ___ missile
14. Time Machine people
15. Hautbois [pl.]
16. Drive-___
17. 1982 Robin Williams role
18. Grumpy
19. Ascend
20. SOCHI 2014 - Free-style Skiing event
22. Wood sorrels
23. Ms. Longoria
24. Shorthand, shortly
26. ___ House (Prince Charles' official residence)
31. Chilly feeling
33. Caesar's 52
34. Kinks song
35. King Minos, for example
37. Pearson postings, puny-ly
39. Left-hand page
41. Ms. Hayworth
42. Green-on-copper
44. Spicy cuisine
46. Close-mouthed
47. "___ it!"
48. SOCHI 2014 - Snowboard event
50. Lovely parties
53. "Faster!"
54. Celebrity
56. SOCHI 2014 - Winter Olympics sport: 2 wds.



62. Polynesian amulet
63. Ravi Shankar's instrument
64. 1976 mini-series, "Rich Man, ___ Man"
65. Actor, Chris D'___
66. NWT's flower emblem, Mountain ___
67. Pretty purse
68. Demeanor
69. Bakery stuff
70. Blaring blah-blah

Down

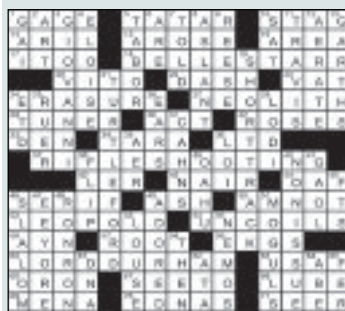
1. Ms. Ryan's
2. Airline of Israel: 2 wds.
3. Actor, Benicio Del ___
4. Jacket closer
5. "Soul ___": Quincy Jones composed instrumental which Canadian game show "Definition" used as its theme music
6. Border on

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

7. Particular parrot
8. Markets
9. Not ___ (Not so far)
10. SOCHI 2014 - Faster - Higher - ___
11. City in Quebec
12. Sky bear
13. Things to pay
21. Mr. Knievel
25. An ___ for music
26. SOCHI 2014 - Speed skater's footwear, ___ skates
27. Pre-euro moneys
28. SOCHI 2014 - Snowboarding trick, ___
29. Caws, on a scoreboard
30. Soil
32. Consume: 2 wds.
35. Southern Alberta town
36. Appointment
38. Trans-___ Orchestra
40. ___ Na Na
43. Web
45. "Let me know ___ in your way."
49. Salt's friend
51. Composition
52. Shave
54. Flower part
55. Bryan Adams' "18 ___ Die"
57. Virginia willow
58. Pre-Febs
59. Whit
60. Person, place or thing
61. Gumption

Yesterday's Crossword

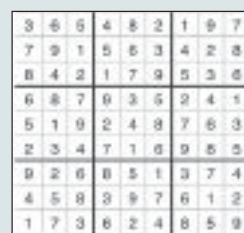


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: -17°
MIN: -21°

WEDNESDAY

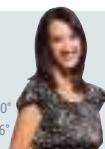


MAX: -17°
MIN: -26°

THURSDAY



MAX: -20°
MIN: -26°



JENNA KHAN WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



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Open House

Enter to win **\$1000** towards your tuition

➔ **Tuesday, February 18, 2014**

12pm - 3pm | 5pm - 8pm **Notre Dame Campus**

Wednesday, February 19, 2014

9am - 2pm **Notre Dame Campus**

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- Learn about RRC programs and campus life
- Explore residence options
- Meet with instructors
- Speak with Academic Advisors and career counsellors
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www.rrc.ca/openhouse

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